HOOKAH SMOKING

Hookah is a water pipe used to smoke flavored tobacco called shisha, marijuana, and other substances



Smoking hookah carries many of the same or greater health risks as smoking cigarettes 1,2



smoking

100

cigarettes³



Carcinogens

Nicotine

Carbon Monoxide

Metals





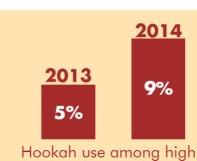
function, heart disease, and decreased fertility

Poisons in hookah tobacco and smoke may cause oral, lung, stomach, and esophageal cancer, reduced lung

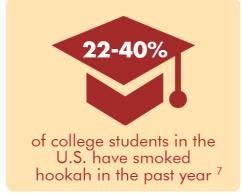


13%

of 12th graders in King County reported smoking hookah in the last 30 days ⁵



Hookah use among high school students in the U.S. is rising 6



For more information visit: www.kingcounty.gov/depts/health/smoking

Sources: 1. American Lung Association

2. International Journal of Epidemiology

3. World Health Organization

4. American Journal of Health Behavior

5. Healthy Youth Survey 2014

6. Centers for Disease Control & Prevention

7. Office of the Surgeon General

